Validating The Rate of Perceived Stability Scale To Gauge Balance Training Difficulty

Lorenzo Bianco  
*Cleveland State University*

Preston Groft  
*Cleveland State University*

Follow this and additional works at: https://engagedscholarship.csuohio.edu/u_poster_2017

Part of the *Medicine and Health Sciences Commons*

How does access to this work benefit you? Let us know!

**Recommended Citation**

https://engagedscholarship.csuohio.edu/u_poster_2017/24

This Book is brought to you for free and open access by the Undergraduate Research Posters at EngagedScholarship@CSU. It has been accepted for inclusion in Undergraduate Research Posters 2017 by an authorized administrator of EngagedScholarship@CSU. For more information, please contact library.es@csuohio.edu.
Validating the Rate of Perceived Stability Scale to Gauge Balance Training Difficulty

College of Sciences and Health Professions

Student Researchers: Lorenzo Bianco and Preston Groft

Faculty Advisors: Debbie Espy and Ann Reinthal

Abstract

An effective way of measuring balance training difficulty is needed to properly conduct balance training. The instructor must ensure that the subject is partaking in the proper balance training difficulty. If the difficulty of the training is too hard, the subject may be at higher risk for injury. If the difficulty is too low, the subject may not receive all the benefits of the program. The purpose of the research study was to validate the Rate of Perceived Stability (RPS) scale. We recruited 25 subjects over the age of 50. The subjects were community ambulators with no musculoskeletal issues. The subjects completed three clinical balance tests and had their motion data captured while playing the gaming conditions. Subjects were asked to give an RPS score at certain times during the gaming. The scores should correlate with the perception of their own stability. We hypothesized that the subjects’ rank of gaming condition difficulty should match the RPS scores assigned to the condition. A clear majority of subjects matched their easiest gaming difficulty with their lowest RPS score and their hardest gaming difficulty with their highest RPS score. Only four subjects perfectly matched their gaming difficulty with their respective RPS scores, and only two subjects had zero matches.